

## Exploring Pali: rain forests, sweeping views and more

By Sharee Moore  
Kukini Photojournalist

A few miles from Hickam lies a scenic route hugged by a tropical rain forest and sprinkled with fresh water pools, streams and hiking paths.

To see it for yourself, turn north on Pali Highway, or HI 61, from H1 East. After 2.5 miles, turn right onto Nuuanu Pali Drive. Giant vines crawl through the sprawling trees and if the windows are down you can hear a stream roaring below the embankment.

Visitors can catch a glimpse of ponds, waterfalls, hiking paths and homes that appear to hang from the trees. Although locals say this route is ripe for exploration; hiking and swimming are at your own risk.

Once Nuuanu Pali rejoins HI 61, begin looking for the turnoff for Pali Lookout, which is located on the same side of the road.

At the precipice, one can see a sweeping view, which includes: lots of greens, blues

and Ho'omaluhia Botanical Gardens, a reservoir with tropical plants from around the world; Kaneohe, Hawaii's largest suburban community and Kaneohe Bay; Mokoli'i, or Chinaman's Hat; He'eia Fishpond; Coconut Island, a peninsula, a quarry and a crater.

Crank your neck to the right and you'll even see Old Pali Road, which used to be the connection to the windward side until H-3 opened in 1987 and Likelike Highway opened in 1960.

Pali Lookout is more than a great view and tourist attraction - it has a tragic tale.

Between 1882 and 1897 approximately 800 skulls and bones were found at the base of the drop-off. Historians believe these bones belong to the Oahu warriors who tried to defend the island from Kamehameha who set out to become king of the islands.

Kamehameha's troops forced the Oahu army to the edge where many fell to the rocks and died.

For a little less tragedy,

continue your drive north on HI 61 to Kailua - home of one of the best white sand beaches on the island. To locate the beach, turn right on Kailua Road, which leads straight to the beach park.

Swimming, sail boarding, kayaking, snorkeling and fishing are popular diversions here. Additionally, two large islands visible from land, the Moku Lua, are favorite

kayaking and snorkeling destinations.

Although there are onsite equipment rentals, for a discount, rent your snorkels and kayak gear at Hickam Harbor before you go.

(Note: For rental information call the Outdoor Recreation Equipment Issue Center at 449-6870, or visit building 1711, Kuntz Ave; [www.hickamservices.com](http://www.hickamservices.com))



Photos by Sharee Moore

(Above) Giant trees create a tropical canopy that blocks the view of the sky over Nuuanu Pali Drive.

(Left) Tourists are a common sight at the lookout.

(Bottom left) The lookout offers a view of Kailua Beach Park where snorkeling, swimming, sail boarding, barbecues, fishing and more are popular diversions.

(Bottom right) The view from Pali Lookout includes Kaneohe and Kaneohe Bay, a peninsula, quarry and even Chinaman's Hat.



## 4th of July Beach BLAST

### Camping on the beach

Today, sites available are 15 feet by 15 feet areas between Hickam Beach and the harbor office. Set up at 3 p.m. and break down by 9 a.m. Saturday. Register for a site at the Hickam Harbor Office.

(No open fires, bonfires or glass containers are allowed.)

### 500 meter harbor swim

Saturday, register at the equipment rental shack at Hickam Beach starting at 8 a.m. (the course is a triangle course outside swim area.) Swim begins at 9 a.m. Open to all age levels. Cost is \$20

### Hammerhead fishing contest

Sunday, 9 a.m. to noon. Categories: via shore or boat.

Hammerhead sharks will be measured by weight, length and nose length. Prizes will be given for both categories. The overall prize for the largest hammerhead shark will be a \$200 gift certificate to Aikane Sport Fishing. Cost is \$20 per person. Register today at Hickam Harbor.

### Foster Flicks

Sunday at 8 p.m., all are welcome to view a free movie at Hickam Harbor. The movie will be "Sandlot."

Scotty Smalls moves to a new neighborhood with his mom and stepdad, and wants to learn to play baseball. The neighborhood baseball guru Rodriguez takes Smalls under his wing, and soon

he's part of the local baseball buddies. They fall into adventures involving baseball, treehouse sleep-ins, the desirous lifeguard at the local pool, the snooty rival ball team, and the travelling fair. Beyond the fence at the back of the sandlot menaces a legendary ball-eating dog called The Beast, and the kids inevitably must deal with him.

A fully stocked snack bar will be available during the movie.

### Chili cook off

Monday bring an appetite. Located in Kiddieland from 8 a.m. to 3 p.m. Watch as squadrons, families and Airmen compete for Hickam's best chili. Winners will be announced from each category

at 3 p.m. The grand prize winner will have their chili added to the menus of various Services Eateries for the entire year.

### Kiddieland

Monday, visit Kiddieland from 11 a.m. to 5 p.m. Kids can play games, make arts and crafts, visit the petting zoo and ride ponies! Say hello to Simba, Taz and Barney throughout the day. Also bounce all day long in bounce house for only \$10 with the purchase of a wristband.

### Build a boat

Monday at 2 p.m. teams will be supplied with cardboard and duct tape to create a boat. The boat must successfully enable two team

members to float inside the boat without sinking. This is a great opportunity to demonstrate creativity and build teamwork skills. Sign a 6-member team up at the community center today.

### Colossal cookie contest

Monday, have a secret cookie recipe? Enter it in one of the following categories: holiday or special occasions, no-bake cookies, healthy cookies and cookie makers special. Winners will have their recipe published in the Air Force Colossal Cookie Cookbook 2005. Judging and eating will take place at 3:30 p.m.

For more information, contact the Hickam Harbor at 449-5215.



AT THE MOVIES

Memorial Theater 449-2239 • CLOSED Monday and Tuesday

Friday, Saturday, Tuesday – 7 p.m.  
Saturday, Sunday, Monday – 2 p.m.

**STAR WARS: EPISODE III- REVENGE OF THE SITH** – Three years after the Battle of Geonosis, the Clone Wars are coming to a close. Obi-Wan Kenobi, now a general dispatched by the Republic to bring down remaining Separatists Count Dooku and General Grievous. And Chancellor Palpaine has become corrupt, proclaiming himself Emperor, and, with Anakin Skywalker's help, begins to turn the Republic into the Galalctic Empire, As Anakin ultimately becomes the evil we know as DARTH Vader, Padme goes into hiding, and, at the end of one war, another conflict we know all too well is about to begin. Starring Ewan McGregor, Hayden Christensen. Rated PG-13 (sci-fi violence and some intense images).



**Wednesday and Thursday– 7 p.m.**  
**MINDHUNTERS** – On a remote island, the FBI has a training program for their psychological profiling division, called “Mindhunters”, used to track down serial killers. The training goes horribly wrong, however, when a group of seven young agents discover that one of them is a serial killer, and is setting about slaying the others. Can the few that are left figure out who the killer is in time? Val Kilmer, LL Cool J. Rated R (violence/strong graphic images, language and sexual content).



Crossword Puzzle: American Independence

By 1st Lt. Tony Wickman  
Alaskan Command  
Public Affairs  
American Independence

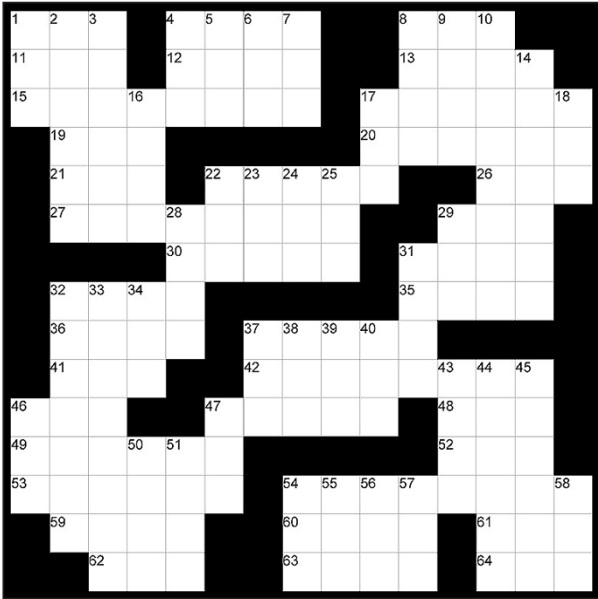
ACROSS

- 1. Prod
- 4. Inter
- 8. Army enlisted rank, in brief
- 11. Exploit
- 12. Fencing sword
- 13. First wife of Jacob
- 15. Props placed at end of a row of books
- 17. Shared
- 19. Airport code for SHAPE city
- 20. California city
- 21. Airport code for Taj Mahal city
- 22. Shoulder \_\_\_\_; gesture of doubt
- 26. Cordon entryway, in short
- 27. Angie Everheart and others
- 29. \_\_\_\_-Magnon
- 30. American Revolution soldier \_\_\_\_ Allen
- 31. Saga
- 32. Open slightly
- 35. Journey
- 36. Foreshadow
- 37. Hawkeye state denizen
- 41. Greek letter
- 42. Boston \_\_\_\_ \_\_\_\_, American Revolution event
- 46. Lair
- 47. Overeat

- 48. Wisconsin city \_\_\_\_ Claire
- 49. Tropical fruit
- 52. Alphabet starters
- 53. The Jefferson's \_\_\_\_ Sanford; “Weezy”
- 54. British law that provoked rebellion in American colonies
- 59. Band instrument
- 60. British loyalist during American Revolution
- 61. Field movie Norma \_\_\_\_
- 62. \_\_\_\_ Vegas, N.V.
- 63. Writer Bombeck
- 64. Mil. phone system

DOWN

- 1. Name
- 2. 2+ atoms having same mass but different numbers
- 3. Commander-in-Chief Washington, durin American Revolution
- 4. Bonnet denizen
- 5. CBS, NBC competitor
- 6. \_\_\_\_ Coat; British soldier during American Revolution
- 7. Affirmative
- 8. Smear
- 9. Gala
- 10. Dialogue
- 14. American Revolution leader and politician John \_\_\_\_
- 16. Northern Iraq agricultural people
- 17. Making a product, in short
- 18. Snip
- 22. Solidify, as in concrete



- 23. Express triumph
- 24. Vitamin intake chart on food packing, in short
- 25. DoD branch
- 28. Right now
- 29. Lifesaving action, in short
- 31. Sicilian mount
- 32. Even
- 33. American Revolution sailor \_\_\_\_ \_\_\_\_ Jones
- 34. Commotion
- 37. Simpson trial judge
- 38. USA equivalent to OPR
- 39. Jester
- 40. Mock
- 43. Harvest
- 44. Coat-of-Arms tunic
- 45. Spanish bayonet and Joshua tree
- 46. Ink jet printer production, in short
- 47. Female friend
- 50. 70s Swedish disco group
- 51. Yes votes
- 54. Sault \_\_\_\_ Marie, M.I.
- 55. Rocky peak
- 56. Limb
- 57. R&B singer Harrison
- 58. X, to Caesar

See SOLUTION, B4

**Childcare providers must attend briefing**

A pre-licensing briefing for prospective childcare providers is held the first Thursday of each month from 5 to 6 p.m. at the family child care office located adjacent to the auto resale lot in building 2116. The next briefing is Thursday.

Applicants must be base residents, 18 years old, a high school graduate, able to read and write English and pass a National Security check. Call the family child care office at 449-1879 for more information. All people caring for other families' children for a total of 10 hours or more per week must

attend this briefing and get a license.

**Four Days of the 4th**

The Independence Day holiday takes on a whole new meaning this year as 15th Services Squadron Outdoor Recreation and the community center join forces to bring Hickam the



“4th of July Beach Blast”. That's four days of fun at Hickam Harbor starting today.

Be among the first to experience camping on the beach at Hickam. Camp sites open at 3 p.m. today. Saturday, wakeup and participate in the Beach Blast 500 meter swim

with a 9 a.m. start. A \$10 entry fee includes t-shirt. Then get ready for a day of fun for both kids and adults including the Aama Crab Race, Fear Factor and the ever-popular 'Rock Skipping Contest'.

The Beach Blast heats up Sunday with the exciting

Hammerhead Shark Fishing Contest followed by more beach fun to include the Ultimate Belly Flop Contest, the Coconut Contest, Tug O' War and another Outdoor Recreation feature called Foster's Flicks. Foster's Flick presents a family feature movie right on the beach followed by a mini-fireworks display.

Celebrate Independence Day like never before with a chili cook-off, Kiddieland, pony rides, petting zoo, sailing regatta, sponsor giveaways, build-a-boat contest, watercraft rentals, great food, PACAF Band of the Pacific and topped of by a spectacular Hickam fireworks display.



Registration for all activities will be on-site at Hickam Harbor during the 4th of July weekend. Don't miss this awesome All-American 4th of July Beach Blast Weekend. Call outdoor recreation at 449-5215 for more information.

**See SERVICE, B6**

Team Hickam History: The Air Force’s most historic airfield

**July 6, 1937** – Colonel M. F. Harmon and 1st Lt. Robert Warren made an inspection of Hickam Field, prior to occupying it. They landed with a P-12. Satisfied with that visit, plans went forward for the eventual transfer of other units to Hickam. The commanding general of the 18th Wing issued an order assigning the Headquarters, 18th Wing, Air Corps, to Hickam Field.

**July 1, 1954** – Major General Sory Smith activated and assumed command of Pacific Air Forces at Hickam. Exactly two years later, General Smith was appointed commander, Pacific Air Force, Far East Air Forces, with additional duty as deputy commander of Far East Air Force.

**July 1, 1956** – The Hawaii Air National Guard commenced active air defense of Hawaii, under the control of the Seventh Air Force. The Air Defense Control Center was located in Kunia Tunnel. At sunrise that day, two pilots of the 199th FIS and two fully-armed F-86 Sabres commenced sunrise to sunset five-minute active air defense Alert. An average of 14 fighter pilots went on alert in short-tour active duty status each month.

**July 1, 1957** – Headquarters Far East Air Forces completed its move



Hawaii Air Guard F-86L

to Hickam AFB and redesignated as Pacific Air Forces. Colonel Joseph B. Stanley, Jr., 6486th Air Base Wing commander, acted as commander of troops as units of the air base wing and tenant organizations participated in a formal parade that preceded the PACAF assumption of command ceremony. The ceremony took place at the Hickam flag pole, and included a fly-by of jet aircraft and review of troops. Officials also held a ribbon-cutting and dedication ceremony in front of the newly reconstructed entrance to Hale Makai. Colonel Stanley, Jr., formally welcomed General Laurence S. Kuter, CINCPACAF, and turned over to him the building for occupancy by HQ PACAF.

**July 4, 1960** – The first official raising of the 50-star flag of the United States, symbolic of Hawaii’s admission into the Union, was

accompanied by impressive ceremonies at Lolani Palace. The Hawaii Statehood Celebration Committee coordinated participation of local organizations and military services, and the PACAF-BASECOM Director of Information represented the Air Force on the committee. Each military service selected two Island-born enlisted men of different racial descent to assist in lowering the 49-star flag and raising the 50-star flag. The two Air Force participants were Airmen 1st Class David Mendez and Wendell Won from the 6486th Air Police Squadron, of Puerto Rican and Chinese descent, respectively.

**July 1, 1962** – The 15th Tactical Fighter Wing was organized, assigned to the 836th Air Division, and stationed at MacDill AFB, Florida (July 1, 1962 - Oct. 1, 1970).

**July 1, 1973** – Military Airlift Command transferred responsibility for Wake Island to PACAF; and Detachment 4, 15th Air Base Wing was activated on Wake. On the same date, Detachment 3, 15th ABW, was inactivated at Johnston Atoll and responsibility for management of JA transferred from USAF to the Defense Nuclear Agency.

Hickam Heroes

Senior Airman Jennifer Richardson  
15th Security Forces Squadron

**15th SFS rocks because:** We are made up of approximately 250 individuals from every different walk in life however, as a unit we pull together as one in every situation, to get our mission accomplished on a daily basis.

**My job affects all of Hickam in that:** As members of the 15th Security Forces Squadron we represent the first line of defense for Hickam. We man the gates 24-hours a day making sure our base populace is safe at all times and when a situation does arise we are the first responders to the scene.

**When not at work, I spend my off duty time:** When I am not training or participating in a squadron activity I spend a lot of my off duty time volunteering in the local community and pursuing my singing career.

**Something people don't know about the 15th SFS:** There are a lot of hidden talents in our unit. We have singers, instrumentalists, athletes, sharp shooters and of course comedians. I am not at liberty to spill the beans but if you ask around you will find out.

**If I could change anything about Hickam, it would be:** The relationship between the military and the local community. I think our mission would be easier if, as a whole, the military was more welcomed by the local community.

**What her supervisor says:** Airman Richardson does outstanding work on a daily basis. Her selfless efforts on behalf of the 15th SFS have benefited everyone, from the lowest ranking Airman up.

Tech. Sgt. Daniel Hawkins, 15th SFS



Crossword puzzle solution

D	I	G	B	U	R	Y	S	F	C
U	S	E	E	P	E	E	L	E	A
B	O	O	K	E	N	D	S	M	U
B	R	U					F	R	E
A	G	R	S	H	R	U	G	E	C
R	E	D	H	E	A	D	S	C	R
	E	T	H	A	N		E	P	I
A	J	A	R				T	R	E
B	O	D	E	I	O	W	A	N	
R	H	O		T	E	A	P	A	R
D	E	N		G	O	R	G	E	E
P	A	P	A	Y	A		A	B	C
I	S	A	B	E	L	S	T	A	M
T	U	B	A			T	O	R	Y
L	A	S				E	R	M	A
								D	S

CHAPEL

Editor’s note: For more information on Base Chapel services or for prayer requests call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.

PROTESTANT	JEWISH	CATHOLIC	ISLAMIC	BUDDHIST
Nelles Chapel	Aloha Jewish Chapel,	Nelles Chapel	Friday Congregational	Honpa Hongwanji Hawaii
Sunday Contemporary	Pearl Harbor	Weekday Mass	Service	Betsuin A Shin
Service 8:30 a.m.	473-0050	11:30 a.m.	(1935 Aleo Place,	Buddhist Temple
Sunday Gospel Worship	Jewish Lay Leader	Saturday Confessions	Punahou)	536-7044
11:15 a.m.	Mr. David Bender	4:15 p.m.	1 p.m.	
Sunday Praise Gathering	527-5877	Saturday Mass 5 p.m.	Muslim Association	
5:30 p.m.	Naval Station Chapel	Chapel Center	of Hawaii	
Chapel Center	473-3971	Sunday Mass 10 a.m.	947-6263	
Sunday Traditional				
8:30 a.m.				



**SPORTS SHORTS****Softball tournament**

The 15th Medical Group is hosting an all forces softball tournament July 15-17. Active duty, Reserve, Guard, and dependents are welcome.

Participants must be 18 years old and older and must have a valid military ID card. A maximum of 20 teams is allowed. The entry fee per team is \$150.

For registration forms or to volunteer email Taliah.Martin@hickam.af.mil or Linda.Grunwald@hickam.af.mil.

**True Blue tournament**

The Chief's Group is sponsoring the inaugural True Blue Softball Tournament July 22 from 10 a.m. to 4 p.m. This is a competition between the ranks. The following groups will enter teams: Airmen's Council, 56 Council, Hawaii Top Three, Diamonds, Chief's Group, Company Grade Officers and Field Grade Officers. The Chief's Group will present a trophy to the winning team.

To participate, members should contact their respective council or group. For more information, contact Senior Master Sgt. Gary Webb at 449-7827 or email him at gary.webb@hickam.af.mil.

**Golf tournament**

The Pacific Air Forces Regional Supply Squadron is hosting a golf tournament July 29. Cost includes green fees, cart and prizes. E-1 through E-4 and GS-1 through GS-3, \$30. E-5 through O-3 and GS-4 through GS-8, \$40. O-4 and above, civilians and other DOD members, \$45.

To sign up, send an email to brian.townsend@hickam.af.mil or toney.richey@hickam.af.mil. For more information call 449-7777 or 449-7781.

**Youth coaches needed**

Youth sports need coaches for it's youth softball and baseball program in all age categories. Interested volunteers should, contact B.J. Bentley at 448-4492/6611.

**Youth basketball clinic**

The Second Annual Inter-City Programs and 4-Foot of Game Basketball Camp and clinics is scheduled this summer at the Manoa Valley Recreation Center.

**Guard clinic** – Aug. 4 from 1 to 4 p.m. Cost is \$65 and includes a t-shirt.

**Post clinic** – Aug. 5 from 1 to 4 p.m. Cost is \$65 and includes a t-shirt.

**Camp** – Aug. 8 to 11 from 8:30 a.m. to 1 p.m. Cost is \$150 and includes a reversible jersey, a pair of shorts and a t-shirt.

The clinics and camps will feature guest appearances from a variety of University of Hawaii men and women basketball players, awards and prizes.

Registration forms are available at the Manoa Valley Recreation Center at 988-4747. For more information or to register, contact Phil Handy at 916-419-3136.

*Scuba diving*

# Island Divers offer free class

By Senior Airman  
**Sarah Kinsman**  
Kukini Editor

Swimming around in the pool can be enjoyable, but add the ability to breathe under water and it tops the charts!

That's what the Island Divers wanted to show people Saturday during their Discovery Scuba classes.

The class is an introduction to scuba. People can sign up for further instruction to become a certified diver.

"The class is just getting people used to breathing under water," said Max Sudnovsky, a scuba instructor.

Sixteen people filled Pool 1 for each hour and a half session. The classes included instruction on how to use the equipment and how to breathe properly.

"What's the number one rule in scuba diving," asked Chris Liles, one of the instructors. "Always remember to keep breathing during scuba diving."

The Island Divers offers these classes every couple of months, but they also offer

certification courses for \$175.

"The Discover Scuba Weekend was designed to get new divers into the water in the safe and controlled atmosphere of our on-site pool," said Matt Zimmerman, Island Diver owner and instructor. "We feel that this provides a thorough overview of the equipment involved as well as some basic theory before they take the plunge for real."

The Island Divers offer a bubble maker class for 8 year olds Saturdays from 10 a.m. to noon.

The certification class is for people 10 years old and above and is a week-long course that goes from 6 to 9 p.m. Monday, Tuesday, Thursday and Friday which include book study and pool time. All day Saturday and Sunday is filled with open ocean dives. The certification classes are offered every week throughout the summer.

For more information on what the Island Divers offer, visit their office under Pool 1, call 423-8222 or visit [www.islanddivershawaii.com](http://www.islanddivershawaii.com).



Photo by Senior Airman Sarah Kinsman  
**Eric Broome, son of Lt. Col. Lynn Broome, Pacific Air Forces, practices uses the scuba gear before plunging into the water during Saturday's free scuba class.**



(Above) A class participant practices swimming under water with her scuba gear on and breathing under water. The purpose of the class was to introduce people to scuba diving and get them used to breathing under water.

(Right) Class members first swam on the surface of the pool just getting used to breathing under water. After a few trips through the pool on the surface, the swimmers went deeper in the water to experience scuba diving at a deeper level.



Photo by Senior Airman Sarah Kinsman

## HIANG takes championship



**Hawaii Air National Guard  
KILOHANA  
Hickam AFB, Softball Champions  
2005**

The Hawaii Air National Guard Kilohana Team poses for a picture after winning the base intramural softball championship against the 735th Air Mobility Squadron Warriors.

### Men's final softball standings

Monday-Wednesday league

Team	Wins	Losses
502nd AOG	12	2
HQ PACAF	10	4
15th CES	9	5
HIANG 2	9	5
15th CS	8	6
15th MSS	7	7
25th ASOS	4	10
735th AMS2	3	11
PACAF AIS	1	13

Tuesday-Thursday league

Team	Wins	Losses
735th AMS1	13	0
15th SFS	10	3
15th MDG	9	4
HIANG1	9	4
324th IS	9	4
JPAC	5	8
692nd IOG	5	8
HIANG3	3	10
352nd IOS	3	10
PACAF RSS	2	11

Photo by Tech. Sgt. Kristin Higgins



SERVICES, From B3

Club's First Friday moves to July 8

The Hickam Officers' Club First Friday event "All American Celebration" will be held July 8 due to the July 4th holiday weekend. Enjoy music by DJ-G Man from 7 to 10 p.m., the Pau Hana Party and the wine tasting event. For more information, call 448-4608, extension 11.

ITT office extends hours to Sunday

The Hickam Information, Tickets and Travel Office has extended its hours of operation to include Sunday. Now people may book local tours, purchase tickets or make reservations for exciting international trips on Sunday too. Doors open at 8 a.m. and remain open until 1 p.m. Call 449-2230 for more information.



Volunteer youth coaches needed

Youth Sports has a need for youth softball and baseball programs in all age categories. "Volunteers are critical to the success of these programs," said Master Sgt. Ricky Woods, non-commisioned officer in

charge of the fitness and sports center operations. Interested volunteers should contact B.J. Bentley at the youth sports office at 448-4492 or 448-6611.

Prepare pets for PCSing

PCS season is underway so call or walk in to the Hickam Veterinary Clinic as soon as departure dates are determined. The clinic books certificate appointments two weeks in advance and they fill quickly. The health certificate is valid for 10 days and appointments are scheduled a few days before departure. If pets are due for shots, book an appointment at least two weeks prior to the health certificate appointment.

A PCS to the mainland requires at least one month preparation while PCSing to a foreign country (England, Finland, Sweden, Norway, New Zealand or Australia) will require eight months of preparation. Going to Japan, the Philippines, Germany or Italy? Plan on three months of pet prep.

For more information, contact the vet clinic at 449-6481.

X-Box team challenge

Active-duty members are encouraged to enter the Oahu Military X-Box Team Challenge. Air Force teams will go four on four against each other and then onto the finals competing against the Navy, Marines and Army.

This year's game is Halo 2. A Hickam tournament will be held at the enlisted club in July and the finals will be held at Pearl Harbor



in August. Call the community center at 449-2361 for more details.

Summer spa special

Energize, invigorate the body with a full body salt scrub using individuals choice of mango or coconut and their choice of bikini wax or underarm, half leg and arms for \$80. This is a limited time offer (July 15 to August 30) at the fitness and sports center. Call 449-1044 for reservations.

Go for a spin

The Hickam Fitness and Sports Center offers spinning classes every Monday and Wednesday at 5:30 a.m. and every Tuesday and Thursday at 5:15 p.m. at the

center. Join the fitness staff for an intense workout guaranteed to get people in great shape and improve their run times.

Spinners should bring a towel and water. First timers should arrive 10 minutes early for bike setup. Call the fitness center at 449-1044 for more information.

Spear fish with outdoor recreation

The Spear Fish 101 Workshop will be conducted by outdoor recreation July 9 from 9 a.m. to noon at Pool 2. Find out everything anyone ever wanted to know about fishing with a speargun and then practice in the pool.



It's great fun and very educational. Participants must be at least 15 years old and an accomplished swimmer. Bring snorkel gear. Call 449-5215 to reserve a place.



Golf shop sale

The golf course at Hickam will conduct special 4th of July holiday sales today through Monday. Get great golf gifts for family or friends at either the Par 3 or Mamala Bay courses where savings of five to 20 percent on all merchandise in stock is available (on purchases of \$20 or more). Call the Par 3 Pro Shop at 449-2093 or Mamala Bay at 449-2047 for more information.

Free summer bowling for Hickam youth

Hickam youth ages 5 to 18 can bowl free just for submitting an essay or drawing on the subject "Say no to drugs, say yes to bowling." Participants will receive a free Youth Summer Special Pass which is valid from July 11 to Sept. 16.

The pass is valid for three games. Call the bowling center at 449-2702 for full details.

Chocolate day arrives at Arts and Crafts Center

Thursday is international chocolate day at the Hickam Arts and Crafts Retail Store. Receive a free chocolate with each purchase plus there will be a free chocolate hunt for the kids for five minutes every hour during the day. Participants win free chocolate and store specials as well. Call the Arts & Crafts Center at 449-1568 for more information.

Give us your feedback

Team Hickam members can submit letters to the editor to

Tell us what you think or would like to see in Kukini

hickam.kukini@hickam.af.mil.









